Pregnancy Complications Associated with Elevated Iron

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To the Editor

During the past fifteen years, awareness of iron associated complications of pregnancy has markedly increased [1-8]. Although 97.5% of U.S. pre-menopausal women are reported to be iron replete [9], some gravid women, to overcome fatigue, consume over-the-counter iron supplements. Complications associated with elevated iron during pregnancy include increased retinopathy of prematurity [2], teratogenicity [4], gestational diabetes [5], preeclampsia [6], and GRACILE syndrome [7]. Thus it would be prudent to advise pregnant persons, in the absence of determination of actual iron deficiency, to avoid excessive iron.

References